


Recipes  
collected for



Georgia-Pacific   
Big Island Mill





# TABLE OF CONTENTS

## Appetizer

## Main Dishes

## Biscuits, Muffins, Rolls, Bread

## Cakes, Cookies, And Other Goodies

Page No.

BAKED MACARONI AND CHEESE - 3

GROUND BEEF AND BEAN CASSEROLE - 3

MEXICAN PORK CHOP CASSEROLE - 4

HUNGARIAN GOULASH - 4

SWISS STEAK - 4

GREEN PORCUPINES - 5

FRESH TOMATO PIZZA - 5

VEGETARIAN PIZZA - 6

BARBECUE TOFU - 6

TOFU PARMESAN - 6

MEATLESS MEATLOAF - 7

TOMATO CHEESE FRITTATA - 7

WHEAT GERM VEGGIE BURGERS - 7

PITA PUFFS - 8

BOBO CASSEROLE - 8

MINI HAM PUFFS - 9

LOW-FAT LASAGNA ROLLS - 9

1

2

10

16



## APPETIZERS

### Wellness Recipe for Life

Mix together:

- 1 c. good thoughts
- 1 c. kind deeds
- 1 c. consideration for others
- 2 c. sacrifice

Add:

- 3 c. forgiveness
- 2 c. well beaten faults

This is to be mixed thoroughly with tears of joy and sorrow as well as plenty of sympathy. Flavor the mixture well with little gifts of love and kindly service. Use 4 cups of prayer and faith to lighten the other ingredients and to raise the texture of the great heights in daily living. Bake well in the heart of human kindness and serve with a smile.

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# Menu



- BAKED MACARONI AND CHEESE -3**
- GROUND BEEF AND BEAN CASSEROLE -3**
- MEXICAN PORK CHOP CASSEROLE 4**
- HUNGARIAN GOULASH -4**
- SWISS STEAK - 4**
- OVEN PORCUPINES - 5**
- FRESH TOMATO PIZZA - 5**
- SAUCY SEAFOOD PIZZA - 6**
- BARBECUE TOFU - 6**
- TOFU PARMESAN - 6**
- MEATLESS MEATLOAF - 7**
- TOMATO CHEESE FRITTATA - 7**
- WHEAT GERM VEGGIE BURGERS - 7**
- PITA PUFFS - 8**
- HOBO CASSEROLE - 8**
- MINI HAM PUFFS - 9**
- LOW-FAT LASAGNA ROLLS - 9**





## **BAKED MACARONI & CHEESE**

### ***Yield: 6 (1-cup) Servings***

8 ounces elbow macaroni  
2 cups skim milk, divided  
2 tablespoons unbleached flour  
1/4 teaspoon ground white pepper  
2 teaspoons dry mustard  
2 cups shredded nonfat processed Cheddar cheese,  
or 2 cups shredded reduced-fat Cheddar cheese, divided

1. Cook the macaroni according to package directions. Drain, rinse, and drain again. Set aside.
2. Place 1/2 cup of the milk and all of the flour, pepper, and mustard in a jar with a tight-fitting lid. Shake until smooth, and set aside.
3. Pour the remaining 1 1/2 cups of milk into a 2-quart pot, and bring to a boil over medium heat, stirring constantly. Add the flour mixture, and cook, still stirring, for about 1 minute, or until thickened and bubbly. Reduce the heat to low, add 1 1/2 cups of the cheese, and stir until the cheese melts.
4. Remove the pot from the heat, and stir in the macaroni. Coat a 2-quart casserole dish with nonstick cooking spray, and spread the macaroni mixture evenly in the dish. Sprinkle the remaining cheese over the top, and bake at 350°F for 30 to 35 minutes, or until bubbly around the edges. Remove the dish from the oven, and let sit for 5 minutes before serving.

### **NUTRITIONAL FACTS (PER 1-CUP SERVING)**

|                   |            |               |
|-------------------|------------|---------------|
| Calories: 232     | Fat: 0.7 g | Protein: 20 g |
| Cholesterol: 8 mg | Fiber: 1 g | Sodium: 338   |

## **GROUND BEEF AND BEAN CASSEROLE**

Brown 1 pound ground beef; drain.

Add the following ingredients:

1/2 cup green peppers,  
1/4 cup chopped celery,  
1/2 cup diced onions,  
1/2 cup water,  
18 ounce can tomato sauce,  
1 tablespoon dry mustard,  
1/2 teaspoon brown sugar.

Simmer for 5 minutes. Pour mixture over can of pork & beans and bake at 350°F for 45 minutes. Uncover for last 15 minutes baking time.



## MEXICAN PORK CHOP CASSEROLE

Preheat oven to 350°F. Spray a nonstick skillet with vegetable oil cooking spray. Mix the following ingredients:

- 1 large onion, halved and sliced thin
- 1/2 medium green bell pepper, chopped
- 1/2 medium red bell pepper, chopped
- 1 (12-ounce) can low-sodium stewed tomatoes, drained and chopped
- 2 cup frozen whole-kernel corn, thawed and drained
- 1/2 teaspoon dried marjoram
- 4 lean pork chops, trimmed of all fat

Cook for 27 minutes.

(Serves 4; 8 grams fat per serving)

## HUNGARIAN GOULASH

- 2 pounds ground beef
- 1/4 green pepper, chopped
- 1 medium onion, chopped
- 1 teaspoon worcestershire sauce
- 1 8-ounce can tomato sauce
- 1 cup macaroni

Brown ground beef, drain. Cook macaroni 12 - 15 minutes. Add green pepper and onion; and cook until tender. Drain macaroni. Add worcestershire sauce and tomato sauce with beef. Simmer for 15 minutes. Add salt and pepper to taste.

## SWISS STEAK

- 1 pound lean boneless sirloin steak, trimmed of all fat
- 1 cup tomato juice or stewed tomatoes
- 1 large onion, sliced thin and separated into rings
- 1 large green bell pepper, sliced into thin rounds
- Salt and pepper to taste

Spray a non-stick skillet with vegetable oil cooking spray. Brown the steak well on both sides. Pour off or blot away any fat. Return the meat to the skillet and add the remaining ingredients. Cover and simmer about 1 1/4 hours, or to desired doneness. (Serves 4; 4 grams of fat per serving.)

**NOTE:** The meat may be transferred to a covered baking dish and cooked in a 350 degree oven until tender if so desired.



## OVEN PORCUPINES

- 1 pound ground beef
- 1/2 cup uncooked rice
- 1/2 cup water
- 1/3 cup chopped onion
- 1 teaspoon salt
- 1/2 teaspoon celery seed
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 (15-ounce) can tomato sauce
- 1 cup water
- 1 teaspoon Worcestershire sauce

Heat oven to 350°. Mix ground beef, rice, 1/2 cup water, onion, salt, garlic powder, and pepper. Shape mixture by rounded tablespoonful into balls. Place meatballs in ungreased 8"X8"X2" baking dish. Stir together remaining ingredients. Pour over meatballs. Cover with aluminum foil. Bake 45 minutes. Uncover and bake 15 minutes longer.

## FRESH TOMATO PIZZA

### **Crust:**

- 1 3/4 cups bread flour, divided
- 1/2 cup oat bran
- 1 1/2 teaspoons Rapid Rise yeast
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 3/4 cup water
- 1 teaspoon whole grain cornmeal

### **Toppings:**

- 1 teaspoon crushed fresh garlic
- 3 large plum tomatoes, thinly sliced
- 1 1/4 cups shredded nonfat or reduced-fat mozzarella cheese
- 8 thin green bell pepper rings
- 3 thin onion slices, separated into rings
- 1 1/2 teaspoons dried oregano or Italian seasoning
- 1 tablespoon nonfat or reduced-fat Parmesan cheese

1. To make the crust, combine 1 cup of the flour with the oat bran, yeast, sugar, and salt; stir to mix well. Place the water in a saucepan, and heat until very warm (125°F to 130°F). Add the water to the flour mixture, and stir for 1 minute. Stir in enough of the remaining flour, 2 tablespoons at a time, to form a stiff dough.
2. Sprinkle 2 tablespoons of the remaining flour over a flat surface, and turn the dough onto the surface. Knead the dough for 5 minutes, gradually adding enough of the remaining flour to form a smooth, satiny ball. Coat a large bowl with nonstick cooking spray, and place the dough in the bowl. Cover the bowl with a clean kitchen towel, and let rise in a warm place for about 35 minutes, or until doubled in size.
3. When the dough has risen, punch it down, shape it into a ball, and turn it onto a lightly floured surface. Using a rolling pin, roll the dough into a 12-inch circle. Sprinkle the cornmeal over a 12-inch pizza pan, and place the dough in the pan.
4. Spread the garlic over the crust. Then arrange a single layer of tomato slices over the garlic, extending the tomatoes to within 1/2 inch of the edges. Sprinkle a layer of mozzarella over the tomatoes, and top with the pepper and onion rings. Finally, sprinkle with the oregano and Parmesan.
5. Bake at 450°F for 16 to 18 minutes, or until the cheese is browned and bubbly. Slice and serve immediately.



## SAUCY SEAFOOD PIZZA

- 1 package (8-ounce) refrigerated crescent rolls
- 1 package (8-ounce) cream cheese, softened
- 1 teaspoon dried dill weed
- 1 lemon
- 1/2 cup (4 ounces) seafood cocktail sauce
- 1/2 medium cucumber, seeded and chopped
- 1/4 cup green bell pepper, seeded and chopped
- 4 ounces flake or leg-style imitation crabmeat, coarsely chopped
- 1 tablespoon fresh parsley, snipped
- Lemon slices, for garnish

Preheat oven to 350°F. Unroll crescent roll dough and divide into triangles. Arrange triangles in a circle on 13" Baking Stone with narrow ends toward center. Roll dough into a 12-inch circle using lightly floured Dough and Pizza Roller to seal seams. Bake 12-15 minutes or until light golden brown. Remove from oven. Cool completely.

In 1 quart batter bowl, combine cream cheese and dill weed. Zest lemon to yield 1 teaspoon ; add to cream cheese, mixing well. Spread cream cheese mixture evenly over top of crust; spread with cocktail sauce. Coarsely chop cucumber, green pepper, and crabmeat; sprinkle over sauce. Snip parsley and sprinkle over top of pizza. Garnish with lemon twist. Cut with pizza cutter. (Yield: 10 servings; approximately 180 calories and 13 grams of fat per serving.)

## BARBECUE TOFU

- 1 lb. firm tofu, frozen; then defrosted
- 1 large onion, minced or thinly sliced
- 1 cup low sodium barbecue sauce

Squeeze excess water out of tofu and crumble. Add about 1/2 the barbecue sauce and let marinate in refrigerator for 3 - 4 hours. Remove from refrigerator and mix with remaining sauce and onion . Bake at 375° for 20-25 minutes. Serve on wheat buns.

## TOFU PARMESAN

- 1 - 10 1/2 oz. package extra firm low fat tofu
- 1 carton scramblers (egg substitute)
- 2 oz. fat-free mozzarella cheese (grated)
- 1/2 tsp oregano
- 1/2 tsp basil
- 1 cup tomato sauce (low salt)
- 3/4 cup who wheat bread crumbs (fine)

Slice tofu lengthwise into four pieces. Drain on a paper towel. Dip each slice in egg substitute, then in bread crumbs. Fry in skillet prepared with non-stick cooking spray or a little olive oil. Remove and drain on paper towel. Spray a baking pan with cooking spray. Place each cutlet in pan. Mix spices in tomato sauce, top cutlets with sauce and cheese. Bake for 20 minutes at 350°.



## **MEATLESS MEATLOAF**

- 1 1/2 cup textured vegetable protein
- 1/2 lb. extra firm low fat tofu
- 1/2 cup whole wheat bread crumbs (dry quick-cook oatmeal may also be used)
- 1 small onion, minced
- 1 carton scramblers (egg substitute)
- 1/2 cup grated carrot or yellow squash
- 1 (8 oz.) can low salt tomato sauce
- 1 cup canned tomatoes
- 1/4 tsp. each basil, oregano, veg boullion seasoning

Place textured vegetable protein in a bowl. Add 1/4 cup boiling water to soften. Drain off any excess water. Add tofu, bread crumbs, onion, egg substitute, carrots or squash, and 1/2 cup tomato sauce and spices. Shape into a loaf. Place in a 8"x8" or 8"x4" loaf pan, sprayed with cooking spray. Mix 1/2 cup tomato sauce with 1 cup canned tomatoes. Pour onto tofu loaf and bake for 30 - 35 minutes at 350°.

## **TOMATO CHEESE FRITTATA**

- 2 tblsp. light margarine
- 1/4 cup chopped onion
- 1 cup seeded and chopped tomatoes
- 4 cartons scramblers (equivalent to 8 eggs) egg substitute
- 2 tsp salt sense
- 1/2 tsp oregano
- 1/2 tsp basil
- 1/4 cup skim milk
- 1 cup shredded low fat swiss cheese

Melt butter in a 9" skillet (oven proof handle); saute onion, add tomatoes and set aside. Mix together the scramblers, salt, spices, milk and cheese. Pour egg mixture over tomato onion mixtures in skillet. Bake at 350 for 20 minutes until set.

Variations - chopped pitted green olives, approximately 1/4 cup.

## **WHEAT GERM VEGGIE BURGERS**

- 2 cups zucchini (grated)
- 1 carton scramblers (egg substitute)
- 3/4 cup wheat germ
- 1/2 cup chopped mushrooms
- 3 tblsp onion (minced)
- 3/4 cup reduced fat Monterey Jack cheese
- 1/4 tsp vegetable broth seasoning (dry)

Mix zucchini, scramblers, wheat germ, cheese, mushrooms, onion and seasoning. Form into 4 large patties. Spray skillet with cooking spray. Cook burgers over medium heat until golden brown. Serve on whole wheat buns.



## PITA PUFFS

- 6 to 6 1/2 cups bread flour
- 2 pkgs dry yeast
- 1 1/2 tsp salt
- 2 1/2 cup very warm water
- 3 tblsp olive oil

Combine 3 cups flour, yeast and salt in a large bowl. Add 2 1/2 cups warm water and oil. Beat on low speed with mixer until blended. Beat at high speed for 3 minutes. Stir in 3 cups flour, a little at a time. Turn dough out onto a well floured surface, knead until smooth and elastic. Add remaining flour as needed. Place in a well greased bowl, turning to grease top. Cover and let rise in a warm place 30 - 40 minutes, until dough double in size. Punch down, turn out on a floured board. Knead lightly. Divide into 14-16 portion, shape each into a ball, roll into a circle on a floured surface. Place each circle on a lightly greased sheet of foil; allow to rise, uncovered in a warm place approximately 30 minutes. Bake 4 or 5 at a time on lower oven rack for 5 - 6 minutes at 500°. Tasty stuffed with veggies, chicken salad, egg salad, etc.

## HOBO CASSEROLE

### BEANS:

- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 2 cloves garlic, chopped fine
- 1 (14 oz) can kidney beans, drained
- 1 (14 oz) can pinto beans, drained
- 1 (16 oz) can tomatoes, chopped, juice and all
- 1 (8 oz) can tomato sauce
- 1 tsp chili powder
- 1/2 tsp prepared mustard
- 1/2 tsp hot pepper sauce

### CORNBREAD:

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tblsp sugar
- 1 cup skim milk
- 1/2 cup egg substitute
- 1 tblsp canola oil (optional)
- 1 (8 oz.) can cream style corn

Preheat oven to 375 degrees. Spray a large skillet with vegetable oil cooking spray, and saute the onion, green pepper, and garlic 3 to 5 minutes, or until tender. (Add 1/4 cup water if desired.) Stir in the beans, tomatoes, tomato sauce, chili powder, mustard, and hot sauce. Cover and cook 5 minutes. Pour into a 9"x13"x2" baking dish. Set aside.

Mix cornbread: Combine the cornmeal and flour with the baking powder, salt, and sugar. In a separate bowl, mix the milk, egg substitute, oil, and corn. Stir into the dry ingredients until combined. Spoon the corn bread mixture evenly over the bean mixture to within 1 inch of the edge all around. Bake for 30 to 35 minutes, or until the corn bread is golden. Serve hot.



## MINI HAM PUFFS

Guest will love these savory gems. Buttery crescent rolls bake up hot and flaky around a delicious ham and cheese filling. Serve hot from the oven with additional mustard.

- 1 pkg (2.5 oz.) processed ham, chopped
- 1 small onion, chopped (about 1/4 cup)
- 1/2 cup (2 oz.) shredded Swiss cheese
- 1 egg
- 1 1/2 tsp Dijon mustard
- 1/8 tsp ground black pepper
- 1 pkg (8 oz.) refrigerated crescent rolls

Preheat oven to 350°F. Finely chop ham and onion in batter bowl. Add cheese, egg, mustard, and pepper; mix well. Lightly spray pan with vegetable oil. Unroll crescent rolls and press dough into one large rectangle. Cut rectangle into 24 pieces. Press dough pieces into muffin cups. Fill each muffin cup with filling. Bake 13-15 minutes or until lightly browned.

Yield: 24 servings

Variation: Mini Ham-squares. Arrange crescent roll triangles in a circle on baking stone or cooking sheet. Pinch seams to seal. Spread filling over crust and bake at 350° for 25-30 minutes. Cut into squares.

## LOW-FAT LASAGNA ROLLS

### Sauce:

Use non-stick pan. Spray pan with Pam cooking spray. Chop a medium onion and brown in pan.

Add 1 can Italian tomatoes, crushed; or whole (but chop them up)

2 tsp sugar

1 can tomato sauce

1 tsp Italian seasoning

Dash of salt

3/4 cups water

Dash pepper

Simmer 15 minutes.

1 lb. light ricotta cheese or fat free ricotta cheese

1 pkg. frozen spinach, cooked and strained

1 Tbsp grated parmesan cheese

Spray casserole dish with Pam cooking spray.

Cook 1 lb. pkg. lasagna noodles.

Spread each lasagna noodle then roll noodle up into a roll. Using a serrated knife, cut each noodle roll in half, put curly side up in casserole pan. Then cover with sauce. Bake about 35 minutes at 350°. Makes about 18 rolls.



# BISCUITS, MUFFINS, ROLLS, BREAD



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**HOMEMADE BISCUITS - 11**  
**ALMOND SHORTCAKE BISCUITS - 11**

**ZUCCHINI OR POPPY SEED MUFFINS - 12**  
**GRANNY SMITH APPLE MUFFINS - 12**  
**LOWFAT BRAN-APPLE MUFFINS - 13**

**MAGIC APPLE ROLL - 13**

**CORNBREAD - 14**  
**FRIED CORNBREAD - 14**  
**BANANA BREAD - 14**  
**APPLE BREAD - 15**





## HOMEMADE BISCUITS

- 3 cups self-rising flour
- 1 to 1 1/2 cups skim milk, or enough to make a sticky dough

Preheat oven to 400. Spray a baking sheet with vegetable oil cooking spray.

Put the flour in a bowl and add enough milk to make a sticky consistency (the stickier you can handle the dough the lighter the biscuits.) Turn out on a floured surface and knead just enough to make the dough workable. Pat out with fingers until thickness desired. (You can use a rolling pin). Cut out biscuits. Put in a sprayed pan. Spray the tops of the biscuits lightly; this will make them brown nice. Bake thin biscuits for 12 to 15 minutes, or until golden brown. Thicker biscuits will take 35 to 40 minutes.

## ALMOND SHORTCAKE BISCUITS

*(Delicious served with fresh strawberries.)*

- 2 1/4 cups all purpose flour
- 1/3 cup sugar, plus 1 tbsp for sprinkling over top
- 1 1/2 tsp baking powder
- 3/4 tsp baking soda
- 1/4 tsp salt
- 2 tbsp light margarine, cold, cut into small pieces
- 3/4 to 1 cup low-fat buttermilk (1 gram fat per cup)
- 1 tbsp canola oil
- 1/2 tsp vanilla extract
- 1/8 tsp almond extract
- 1 tbsp skim milk
- 1/4 cup sliced almonds

Heat oven to 400 degrees. Spray a baking sheet with vegetable oil cooking spray; set aside. Mix the flour, 1/3 cup of sugar, the baking powder, soda, and salt. Cut in the margarine until crumbly. In a small bowl, combine 3/4 cup of buttermilk, the oil, and the vanilla and almond extracts. Make a well in the center of the flour mixture. Add the buttermilk mixture. With a fork, stir just until combined, adding extra buttermilk if necessary to form a slightly sticky dough. Do not over mix. Place the dough on a lightly floured surface and sprinkle with flour. Gently pat with fingertips to 1-inch thickness. Cut with a biscuit cutter. Place on a baking sheet. Brush with milk and sprinkle with the remaining tablespoon sugar and the almonds. Bake for 10 to 15 minutes, until golden.



## ZUCCHINI or POPPY SEED MUFFINS

To make 12 muffins:

2 cups unbleached flour  
1/2 cup sugar (Use 1 cup for Poppy Seed Muffins.)  
1 tblsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
2 tsp cinnamon (Do not use for Poppy Seed Muffins)  
3/4 lb. zucchini, finely chopped (1 1/2 cups); Use 2 tblsp poppy seeds for poppy seed muffins.  
1 cup buttermilk (Use 1 8-oz. container of plain nonfat yogurt for Poppy Seed Muffins).  
1/4 cup pear baby food  
1 egg white (Use 2 egg whites for Poppy Seed Muffins)  
1 tsp vanilla (1/2 tsp for Poppy Seed Muffins)

Preheat oven to 400 degrees.

For Zucchini Muffins: Combine flour, sugar, baking powder, baking soda, salt, and cinnamon in a large mixing bowl. Combine zucchini, buttermilk, pears, egg white, and vanilla in a small bowl and blend well. Add zucchini mixture to dry ingredients and mix with a fork until just blended. Spoon batter just to the tops of the muffin cups that have been coated with vegetable spray. Bake for 25 minutes, or until golden brown. Immediately remove muffins from pan. When muffins are cool, store in a an airtight container. The muffins taste best when allowed to sit for 24 hours.

For Poppy Seed Muffins: Combine flour, sugar, baking powder, baking soda, salt and poppy seeds in a large mixing bowl. Combine yogurt, pears, egg whites, and vanilla in a small bowl and blend well. Add yogurt mixture to dry ingredients and mix with a fork until just blended. Spoon batter just to the tops of the muffin cups that have been coated with vegetable spray. Bake for 15 to 18 minutes, or until golden. Immediately remove muffins from pan. When muffins are cool, store in an airtight container. The muffins taste best when allowed to sit for 24 hours.

## GRANNY SMITH APPLE MUFFINS

|                         |   |
|-------------------------|---|
| 2 cups unbleached flour | 2 Granny Smith apples, peeled, cored, and chopped |
| 1/2 cup sugar           | 1 cup skim milk                                   |
| 1 tblsp baking powder   | 1/4 cup applesauce baby food                      |
| 1 tsp salt              | 1 egg white                                       |
| 1 tsp cinnamon          |   |
| 1/4 tsp nutmeg          |   |

Preheat oven to 400 degrees.

Combine flour, sugar, baking powder, salt, cinnamon, and nutmeg in a large mixing bowl. Combine apples, milk, applesauce, and egg white in a small bowl and blend well. Add apple mixture to dry ingredients and mix with a fork until just blended. Spoon batter just to the tops of muffing cups that have been coated with vegetable spray. Bake for 15 to 18 minutes, or until golden brown. Immediately remove muffins from pan. When muffins are cool, store in an airtight container. The muffins taste best when allowed to sit for 24 hours. (Makes 12 muffins.)



## **LOWFAT BRAN-APPLE MUFFINS**

1 cup buttermilk  
1 cup shredded bran cereal  
1 tsp baking soda  
1/2 cup firmly packed brown sugar  
1/2 cup prune lekvar or prune butter  
2 egg whites

1 tblsp molasses  
1 cup unbleached flour  
1 cup peeled and grated apple (spooned, not packed)  
1/4 tsp salt

Preheat oven to 375 degrees.

Combine buttermilk, bran, and baking soda in a small bowl; set aside. In mixer bowl cream sugar and lekvar; beat in egg whites and molasses. Stir in buttermilk mixture, flour, apple, and salt and blend thoroughly. Spoon batter into 12 muffin cups that have been coated with vegetable spray, dividing equally. Bake about 20 minutes, or until cake tester inserted into centers of muffins comes out clean. Cool in pan 15 minutes. Turn onto rack to cool completely.

## **MAGIC APPLE ROLL**

2 cups Mott's Natural Apple Sauce  
1/2 tsp ground cinnamon  
4 egg whites  
3/4 cup granulated sugar

2/3 cup all-purpose flour  
3/4 tsp baking powder  
1/4 tsp salt  
1 tsp vanilla extract  
1 tblsp powdered sugar

Preheat oven to 400 degrees. Spray 15x10 inch jelly-roll pan with nonstick cooking spray. Line with waxed paper; spray paper with cooking spray. Pour apple sauce into pan, spreading evenly. Sprinkle with cinnamon.

In large bowl, beat egg whites with electric mixer at high speed until foamy. Gradually add granulated sugar, beating until mixture is thick and light.

In small bowl, sift together flour, baking powder and salt. Fold into egg white mixture with vanilla. Gently pour batter over apple sauce mixture, spreading evenly.

Bake 15 to 18 minutes or until lightly browned. Cool on wire rack for 5 minutes. Invert cake, apple sauce side up, onto clean, lint-free dish towel sprinkled with powdered sugar; peel off waxed paper. Trim edges of cake. Starting at narrow end, roll up cake. Place, seam side down, on serving plate. Cool completely. Sprinkle top with powdered sugar. Cut into 10 slices.



## **CORN BREAD**

- 2 cups self-rising cornmeal (choose the 0-fat)
- 1/2 cup egg substitute
- 1 cup skim milk, or enough to make a fairly stiff dough

Preheat oven to 350 degrees. Spray an 8-inch baking pan or your cast-iron skillet with vegetable oil cooking spray. Put the cornmeal in a bowl and make a well in the center. Beat the egg substitute and milk together; pour into the cornmeal and stir until well mixed. Pour the batter into the prepared pan and bake until set in the middle. Spray the top of the corn bread with vegetable oil cooking spray. Continue to bake until golden brown and firm, about 35 minutes in all.

## **FRIED CORN BREAD**

- 2 cups self-rising cornmeal
- 1/2 cup egg substitute
- Skim milk (enough to make a fairly heavy dough)

Mix all the above ingredients. Drop by large spoonfuls on a hot nonstick skillet, like cooking pancakes. Turn when bubbles show on the top; cook until the other side is golden brown.

## **BANANA BREAD**

- 1 1/2 cups unbleached flour
- 3/4 cup sugar
- 1 tsp baking soda
- 1/8 tsp salt
- 3 ripe bananas
- 2 egg whites
- 1 jar (6 oz) applesauce baby food

Preheat oven to 350 degrees. Combine flour, sugar, baking soda, and salt in a large mixing bowl. Place bananas in work bowl of food processor and puree. Add egg whites and applesauce and process until smooth. Add banana mixture to dry ingredients and mix with a fork until blended. Spoon batter into a 9x5-inch loaf pan that has been coated with vegetable spray and bake for 45 to 50 minutes, or until cake tester comes out clean. Cover bread with waxed paper and cool on a cake rack. Store in an airtight container.



## APPLE BREAD

|                              |                       |
|------------------------------|-----------------------|
| 1 cup sugar                  | 1 tsp baking powder   |
| 1/2 cup shortening           | 1 tsp soda            |
| 2 eggs, beaten               | 1 tsp cinnamon        |
| 1/2 tbsp sour milk           | 1 tsp salt            |
| 1 cup grated unpeeled apples | 1 cup chopped walnuts |
| 1 cup plain flour            |                       |

Cream sugar and shortening. Add eggs, sour milk, and apples. Sift dry ingredients together. Blend with apple mixture. Add chopped nuts. Pour into a greased loaf pan. Bake at 350 degrees for 1 hours.

# CAKES, COOKIES & OTHER GOODIES!



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**APPLE COFFEE CAKE - 17**  
**NON-CHOLESTEROL APPLE CAKE - 17**  
**CHOCOLATE CLOUD CAKE - 18**

**SPICY CHEWS - 19**  
**SPICY OATMEAL COOKIES - 19**  
**CREAM CHEESE BROWNIES - 20**

**STRAWBERRY DELIGHT - 20**  
**RICE PUDDING/LEMON SAUCE - 20**  
**AMBROSIA - 21**





## APPLE COFFE CAKE

1 cup all-purpose flour  
1 1/2 tsps baking powder  
1/2 tsp salt  
3/4 cup granulated sugar  
1/3 cup skim milk  
2 egg whites  
1/3 cup light or dark corn syrup  
2 medium apples, peeled and cut into 1/2-inch wedges  
2 tblsp cinnamon sugar

Spray a 9-inch round baking pan with vegetable oil cooking spray. Preheat the oven to 350 degrees. In a large bowl, combine the flour, baking powder, and salt. In a medium bowl, using a wire whisk or fork, mix the granulated sugar and milk. Whisk in the egg whites and corn syrup. Gradually stir into the dry ingredients until smooth. Pour into the prepared pan. Arrange the apples over the top, overlapping the cover. Sprinkle with cinnamon sugar. Bake for 50 minutes, or until a toothpick inserted in the center comes out clean. Cool on a wire rack.

## NON-CHOLESTEROL APPLE CAKE

|                            |                                   |
|----------------------------|-----------------------------------|
| 2/3 cup sugar              | 1 1/2 tsp baking soda             |
| 1/2 cup packed brown sugar | 1 tsp ground cinnamon             |
| 1/4 cup vegetable oil      | 1/4 tsp ground allspice or nutmeg |
| 3 egg whites               | 3 cups shredded unpeeled apples   |
| 2/3 cup all purpose flour  | Powdered sugar (optional)         |
| 2/3 cup whole wheat flour  |                                   |
| 1/2 cup oat bran           |                                   |

Spray a 13x9x2-inch pan with non-stick coating; set aside. In large bowl combine sugars, oil, and egg whites. Beat with wooden spoon until well blended. Add flour, oat bran, baking soda, cinnamon and allspice or nutmeg; stir to just moistured. Stir in shredded apples. Pour batter into prepared pan. Bake at 350 degrees for 25 to 30 minutes. Cool; sift powdered sugar on top if desired.

## CHOCOLATE CLOUD CAKE

### **Chocolate Cake:**

2 cups flour  
1 cup unsweetened cocoa  
2 cups granulated sugar  
2 tsp baking soda  
1 tsp baking powder  
1/4 tsp salt  
4 jars (2 1/2 oz. each) prune baby food  
2 tsp vanilla  
2 eggs, beaten  
1 cup nonfat milk  
2 tblsp instant coffee powder  
1 cup boiling water

### **Seven-minute Frosting (optional):**

1 tblsp instant espresso coffee powder  
1/4 cup hot water  
3 egg whites  
1 1/2 cups firmly packed light brown sugar  
1 tsp cream of tartar  
1 tsp vanilla

Preheat oven to 350 degrees.

**To make chocolate cake:** Sift together flour, cocoa, granulated sugar, baking soda, baking powder, and salt into mixing bowl. Stir until blended. Add prunes, vanilla, eggs, and milk and stir just until blended. Combine espresso and boiling water and stir until dissolved. Stir into batter until blended. Pour batter into two 9-inch round cake pans sprayed with vegetable spray. Bake for 30 to 35 minutes, or until cake tester inserted into the center of cake comes out clean. Let cake cool in pans 10 minutes. Invert onto rack to cool.

**To make seven minute frosting:** Dissolve the coffee in hot water. Combine egg whites, brown sugar, coffee mixture and cream of tartar in top of double boiler. Beat with mixer until frosting forms stiff peaks, 5 to 7 minutes. Remove from heat. Add vanilla. Makes about 5 cups.

**When ready to assemble cake:** Spread top of first layer with frosting. Top with second layer and frost top and sides.



## **SPICY CHEWS**

2 1/4 cups unbleached flour  
1 cup firmly packed dark brown sugar  
1 tsp baking soda  
1 tsp each cinnamon and ginger  
1/2 tsp ground cloves  
1/4 tsp salt  
3/4 cup prune lekvar  
2 tblsp molasses  
1 egg white

Preheat oven to 375 degrees.

Combine flour, brown sugar, baking soda, cinnamon, ginger, cloves, and salt in a large mixing bowl. Combine lekvar, molasses, and egg white in work bowl of food processor; process until smooth. Add lekvar mixture to dry ingredients and mix with a fork until blended. Drop dough by the teaspoonful onto a cookie sheet that has been coated with vegetable spray. Spray bottom of fork with vegetable spray and flatten cookies. Bake for 10 minutes or until cookies are firm but not hard. Cool completely. Store cookies in an airtight container. (Makes 16 cookies)

## **SPICY OATMEAL COOKIES**

2 cups rolled oats  
1 3/4 cup unbleached flour  
1 cup sugar  
1 tsp baking soda  
1 tsp cinnamon  
1/4 tsp salt  
1/2 cup raisins  
1/2 cup prune lekvar  
2 egg whites  
1/3 cup molasses

Preheat oven to 350 degrees.

Combine oats, flour, sugar, baking soda, cinnamon, salt, and raisins in a large mixing bowl. Combine lekvar, egg whites, and molasses in a small bowl and blend well. Add lekvar mixture to dry ingredients and mix with a fork until blended. Drop dough by the tablespoonful onto a baking sheet that has been coated with vegetable spray. Bake for 15 to 16 minutes, or until cookies are firm to the touch.



## CREAM CHEESE BROWNIES

24 brownies:

1/2 cup each unbleached flour, cocoa and sugar

1/8 tsp salt

1/2 cup apricot butter

6 tbsp light corn syrup

1/4 cup egg substitute

2 egg whites

1 1/2 tsp vanilla

Preheat oven to 350 degrees.

Combine flour, cocoa, sugar, and salt in a large mixing bowl. Combine apricot butter, corn syrup, egg substitute, egg whites and vanilla in a small bowl and blend well. Add apricot mixture to dry ingredients and mix with a fork until well blended. Spoon batter into an 8-inch square baking pan that has been coated with vegetable spray and bake for 30 minutes, or until cake tester inserted into center of brownies comes out clean. Cook brownies in pan on a cake rack before cutting into squares.

## STRAWBERRY DELIGHT

1 pkg. 3 oz. sugar free raspberry flavored gelatin

1 pkg. 3 oz. sugar free strawberry flavored gelatin

1 1/2 cups boiling water

1 pkg (16 oz.) frozen unsweetened strawberries

1 can (15 1/4 oz.) pineapple tidbits in juice (drained)

1 tbsp lemon juice

8 oz. nonfat vanilla yogurt (sweetened with artificial sweetener)

Dissolve gelatin in boiling water. Add strawberries and stir until thawed. Stir in drained pineapple and lemon juice. Pour half into an 8x8-inch glass pan and refrigerate. Refrigerate the remaining half until the consistency of egg whites. After about 20 minutes spread yogurt over the mixture in the 8x8-inch pan. Top with the remaining mixture that is partially set. Chill until firm. (This recipe is FAT FREE.)

## RICE PUDDING

1 cup rice

3 eggs

1 1/2 cup milk

1 tsp lemon extract

1/2 stick margarine

## Lemon Sauce

1/2 cup sugar

2 tbsp plain flour

1 cup cold water

1/2 stick margarine

Cook rice until done. Sweeten to taste while hot. Add well beaten eggs, milk, and lemon juice. Pour into baking dish. Slice one half stick of margarine over top and bake at 400 degrees for about 35 minutes.

Cook lemon sauce ingredients (on medium to low heat ) in sauce pan until thick, flavor with lemon juice.



## AMBROSIA

- 1 can (20 oz.) Dole chunk pineapple in juice or syrup
- 1 can (11 oz.) Dole mandarin orange segments
- 1 1/2 cup seedless grapes
- 1 cup miniature marshmallows
- 1 cup flaked coconut
- 1/2 cup nuts
- 3/4 cup dairy sour cream
- 1 tblsp sugar

Drain pineapple. Drain orange segments. Combine pineapple, oranges, grapes, marshmallows, coconut, and nuts. Mix sour cream and sugar. Stir into fruit mixture. Chill. Makes 4 to 6 servings.

## SPICY OATMEAL COOKIES

- 2 cups oatmeal
- 1 1/2 cups flour
- 1 cup sugar
- 1/2 cup butter
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/2 cup vanilla
- 1/2 cup salt

Combine oatmeal, flour, sugar, butter, milk, brown sugar, and salt in a large bowl. Mix well. Add vanilla. Mix well. Roll into balls. Bake at 350 degrees for 10 minutes. Cool on wire rack. Makes 24 cookies.

Preheat oven to 350 degrees.

Combine oatmeal, flour, sugar, butter, milk, brown sugar, and salt in a large bowl. Mix well. Add vanilla. Mix well. Roll into balls. Bake at 350 degrees for 10 minutes. Cool on wire rack. Makes 24 cookies.

- 1 cup cold water
- 1/2 stick margarine

Roll into balls. Bake at 350 degrees for 10 minutes. Cool on wire rack. Makes 24 cookies.

Roll into balls. Bake at 350 degrees for 10 minutes. Cool on wire rack. Makes 24 cookies.





